

## DECEMBER 2020 Announcement From ParentVOICE and Compeer

### CABARRUS & MECKLENBURG SUPPORT

ParentVOICE offers informative, educational, yet fun and engaging groups for adult family caregivers, and a separate youth oriented, group for ages 12-19.

#### EMPOWERMENT

This group gives a safe, confidential environment for parents or grandparents to receive information and discuss topics related to raising children with behavioral, emotional and/or mental health challenges, share coping strategies, establish social networks, and feel more empowered.

**December 14<sup>th</sup> from 7 – 8 PM**

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/87085526191?pwd=V05YbFhXNkjhZUtSVU0yOHhNR0pndz09>

Meeting ID: 870 8552 6191 / Passcode: 914119

OR

**December 17<sup>th</sup> from 2:30 – 3:30 PM**

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/83064985798?pwd=UExjKytMVW4rciFaY1FveDlnZzJaUT09>

Meeting ID: 830 6498 5798 / Passcode: 667560



For more information:

Cathy Johnson 704.565.0020 [cjohnson@mhacentralcarolinas.org](mailto:cjohnson@mhacentralcarolinas.org)  
Amy Dickey 704.519.2314 [adickey@mhacentralcarolinas.org](mailto:adickey@mhacentralcarolinas.org)  
Kristine Holt 980.248.9317 [kristineholt2020@gmail.com](mailto:kristineholt2020@gmail.com)

#### Program Mission

To provide integrated parent-to-parent peer support and empowerment, leading to measurable improvements in the health and wellness of families experiencing emotional, behavioral, and mental health challenges.

ParentVOICE Program – Telephone: 704-365-3454/ Website: [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)  
3703 Latrobe Drive Suite 220, Charlotte, NC 28211

#### KIDS of TOMORROW (KOT)

Kids of Tomorrow is a group meeting where young people, ages 8 – 13, come for fun and support. **This is a new opportunity!**

**December 15<sup>th</sup> from 4:30 – 5:00 PM**

#### **Holiday Self-Care**

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/81617325071?pwd=QXVNV0VB MmFreEdtdURSQytoN2x2dz09>

Meeting ID: 816 1732 5071 / Passcode: 682416

#### ACTIVE YOUTH

ACTIVE Youth is a group meeting of young people, ages 14 – 21, who come together to share ideas, discuss youth culture topics, and engage in conversations to enhance positive, healthy and meaningful lifestyle choices.

**December 17<sup>th</sup>**

#### **Holiday Self-Care**

**from 6:00 – 7:00 PM**

#### **Join Zoom Meeting**

<https://us02web.zoom.us/j/83033188812?pwd=T1ByaWV6 NINYUzYyVGJWNnBwMTE2QT09>

Meeting ID: 830 3318 8812 / Passcode: 478263

For more information about ACTIVE Youth/KOT:

Kevin Markle - 704.565.0019 [kmarkle@mhacentralcarolinas.org](mailto:kmarkle@mhacentralcarolinas.org)  
Briana Richmond 704.565.3315 [brichmond@mhacentralcarolinas.org](mailto:brichmond@mhacentralcarolinas.org)



## FAMILY SUPPORT

Family Partners assist parents as natural/peer supports by collaborating with families who are navigating the education, child welfare, mental health and juvenile justice systems. They help parents prepare for meetings with schools, service providers, and child & family teams. Additionally, they educate parents/caregivers to achieve successful outcomes including improving youth's ability to function at home, in school, and in their community.

For more information and support contact:

**Barbara Baker**     **704.559.2006 (cell)**  
**Amy Dickey**       **704.519.2314 (cell)**  
**Cathy Johnson**   **704.565.0020 (cell)**  
**Kristine Holt**     **980.248.9317 (cell)**

[bbaker@mhacentralcarolinas.org](mailto:bbaker@mhacentralcarolinas.org) (Mecklenburg)  
[adickey@mhacentralcarolinas.org](mailto:adickey@mhacentralcarolinas.org) (Mecklenburg)  
[cjohnson@mhacentralcarolinas.org](mailto:cjohnson@mhacentralcarolinas.org) (Cabarrus)  
[kristineholt2020@gmail.com](mailto:kristineholt2020@gmail.com) (Cabarrus)

**MHA ParentVOICE staff are working remotely, but we are here and ready to support.  
Give us a call or send an email today!**



## Compeer Wellness Group

### Compeer Friends & Volunteers

**Join us for games, conversations and fun on Wednesdays from 1 – 2 pm**

Join Zoom Meeting

<https://us02web.zoom.us/j/802404390?pwd=QUZFNtQ5TjVJOVc3UDdYNDMrejFXQT09>

Meeting ID: 802 404 390     Password: 416792

OR Dial +1 301 715 8592 US     Meeting ID: 802 404 390

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# KIDS OF TOMORROW



## Kids of Tomorrow (KOT) Support Group

Join Mental Health  
America of Central  
Carolinas for our virtual  
**Gratitude Workshop**  
and **Holiday Self-  
Care**, Kids of  
Tomorrow Support  
Group at **4:30 PM**.

**TUESDAY, DECEMBER 1, 2020  
AND  
TUESDAY, DECEMBER 15, 2020**

### Join Us!

Kids of Tomorrow  
is a group meeting  
where young  
people, ages 8-13,  
come for fun and  
support.

During our  
December  
sessions, we will  
engage youth in  
activities and  
discussion centered  
around gratitude  
and low-cost  
holiday gifts, as well  
as the importance  
of self-care during  
the holiday season.

**CONTACT US**  
**704.365.3454**  
[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



### TO SIGN UP CONTACT:

**BRIANA RICHMOND AT**  
**[BRICHMOND@MHACENTRALCAROLINAS.ORG](mailto:BRICHMOND@MHACENTRALCAROLINAS.ORG)**  
**OR**  
**KEVIN MARKLE AT**  
**[KMARKLE@MHACENTRALCAROLINAS.ORG](mailto:KMARKLE@MHACENTRALCAROLINAS.ORG)**

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# ACTIVE YOUTH

## ACTIVE YOUTH SUPPORT GROUP

Join Mental Health  
America of Central  
Carolinass, for our  
**Gratitude  
Workshop** and  
**Holiday Self-Care**  
Active Youth  
Support Group at  
**6:00 PM.**

**THURSDAY, DECEMBER 3, 2020  
AND  
THURSDAY, DECEMBER 17, 2020**

**TO SIGN UP  
CONTACT:**

**BRIANA RICHMOND AT**  
**BRICHMOND@MHACENTRALCAROLINAS.ORG**  
**OR**  
**KEVIN MARKLE AT**  
**KMARKLE@MHACENTRALCAROLINAS.ORG**



Advocacy | Education | Prevention

### Join Us!

Active Youth is a group meeting where teenagers, ages 14-20, come and receive social and emotional support through activities and workshops.

During our December sessions, we will engage youth in activities and discussion centered around gratitude and low-cost holiday gifts, as well as the importance of self-care during the holiday season.

**CONTACT US**  
**704.365.3454**

[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



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Do you or someone you know feel like you need to talk to someone about your thoughts/feelings about COVID? If so, reach out for some FREE counseling for adults and youth...



## MHA CARES Act COVID Counseling

MHA is partnering with Mecklenburg County and licensed local counselors to provide free short-term counseling for individuals affected by COVID, who cannot afford it on their own.

Our coordinator will work to match you with the best counselor for your needs.

**6 sessions for adults or youth**

## You're Not Alone

The COVID pandemic has impacted many Americans' lives in a variety of ways. Some have lost jobs, housing, and loved ones. Many have lost an overall sense of safety.

Have you or your children been negatively affected by COVID? Do you think you or your children would benefit from counseling?

If so, MHA may be able to match you with a local mental health practitioner who can help.

### CONTACT US

**704.365.3454**

[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



**TO SIGN UP: Call David Kleitsch, MSW at  
919.307.6017**

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**Seeking parents/caretakers who are interested in becoming Family Partners...**  
**Classes begin in January 2021**



## **FAMILY PARTNER TRAINING INSTITUTE**

Join MHA  
ParentVOICE's 2021  
cohort of training to  
become a certified  
Family Partner.

Classes are free to  
parents and will be in a  
virtual environment.

### **Classes offered through the FPTI will include:**

- **Parents Supporting Families: An Introduction to Peer Support for Families**
- **System of Care & Child and Family Teams**
- **Person Centered Thinking**
- **WRAP**
- **Motivational Interviewing**
- **Trauma Informed Care**
- **IEPs and 504's**
- **And more...**

"I experienced years of frustration and fatigue from fighting for services. Then I met my Family Partner. Her help made me feel supported and gave me hope. I signed up for ParentVOICE's Family Partner Training Institute where I made friends, improved my self-care and learned some great skills that have helped me successfully navigate the system, advocate for my child(ren) and find time to enjoy life." – Amy c/o 2019

"I am so grateful for FPTI. It has given me the confidence and knowledge I needed to not only help my own family, but to help other families as well. The information I learned was eye opening and so informative. I am a better parent and advocate because of FPTI." – Kristine c/o 2019



A Family Partner (FP) is a person who has self-identified as a caregiver having raised or is currently raising a child/ youth with mental, emotional, behavioral disorder and who has successfully navigated the child/youth serving systems to access treatment and resources necessary to build resiliency and foster success in the home, school and community.

If you are interested in training to become a certified Family Partner, plan to join this cohort beginning in January 2021!

**To learn more or to Register, contact:**

**Candace Wilson**  
**704.559.1994**

[cwilson@mhacentralcarolinas.org](mailto:cwilson@mhacentralcarolinas.org)

[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



MHA ParentVOICE's Family Partner Training Institute is provided in cooperation with



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*Compeer and ParentVOICE have access to lots of resources in our communities. If you need food, employment, financial assistance, mental health care, transportation, medical/dental/vision care, etc. please call 704.365.3454*

### Employment Opportunities / Career & Job Search Resources:



NCWorks has an amazing Job Bank!

New jobs are posted every day!

**CAREER CENTER VIRTUAL SERVICES**  
We are still here to help you!

#### For Job Seekers

- Speak with a Career Advisor to:
  - Receive one on one career coaching
  - Update and refine your resume
  - Perfect your interviewing skills
  - Explore education and employment opportunities that match your skills and interests
  - Learn about in-demand industries and occupations
  - Register for virtual workshops designed to help you meet your career goals
  - Access to virtual hiring events and hear directly from employers who are actively hiring
  - Hear about internship and on the job training opportunities

#### For Businesses

- Speak with a Business Solutions Consultant to:
  - Advertise your positions in NCWorks
  - Receive assistance with job matching for your positions at various levels of experience
  - Gain access a diverse, ready pool of candidates who match the skills and abilities required for your positions including veterans
  - Find out how you can host a virtual hiring event and speak directly with job seekers interested in your organization and industry
  - Learn how our team can assistance with pre-screening candidates for you
  - Access workforce training funds to support training new and existing employees

Call (855) NCWorks/ (855)-629-6757, or visit [www.NCWorks.gov](http://www.NCWorks.gov) ; for Unemployment: 888-737-0259, [des.nc.gov](http://des.nc.gov)

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**\*\* Beatties Ford Road Vocational Trade & Family Counseling Center** is open for business.

We provide construction craft training in the areas of:

- Metal Framing/Drywall
- Carpentry
- Concrete Masonry
- Brick/Block Masonry
- Electrical
- Heating & Air Ventilation
- Blueprint Reading/Estimating
- Fiber Optics Technician training starts July 6-12, 2020.

As a state licensed mental health and substance abuse agency we are providing professional counseling onsite and due to the Covid-19 outbreak we are providing mental health and substance abuse assessments and counseling virtually through telemedicine and we have virtual and audio assessment and counseling for our DWI Services.

If you have any questions, please feel free to contact us at (980) 349-4067.

Frances Hall, Executive Director

Beatties Ford Road Vocational Trade Center

1406 Beatties Ford Road-Charlotte, N.C. 28216

"Providing A Tool Bag For Success & Recovery"

**\*\*Goodwill-** <https://goodwillsp.org/train/goodwill-university/>

Virtual Information Sessions

1. Construction Training Information Session - We recently added three new virtual training programs in the construction and trade field: Construction Basics, Intro to Blueprint Reading and Estimating, and Intro to Electrical/HVAC. The Construction Basics course serves as the prerequisite for the two advanced courses.

**Virtual One-Hour Workshops- Registration: Email [VirtualCareerResources@goodwillsp.org](mailto:VirtualCareerResources@goodwillsp.org)**

**Microsoft Excel Workshops**

1. Creating a Workbook from Scratch- Mondays, 11:30 a.m. – 12:30 p.m.
2. Formatting Your Workbook- Tuesdays, 11:30 a.m. – 12:30 p.m.
3. Understanding Formulas in Excel-: Tuesdays, 6-7 p.m.
4. Conditional Formatting -Wednesdays, 11:30 a.m. – 12:30 p.m.
5. Understanding Functions in Excel-Wednesdays, 6-7 p.m.
6. Filtering and Sorting Data in Excel- Thursdays, 11:30 a.m. – 12:30 p.m.
7. Creating Charts in Excel-Fridays, 11:30 a.m. – 12:30 p.m.

**Microsoft Word Workshops**

1. Creating, Opening and Saving Documents-Mondays, 10-11 a.m.
2. Exploring the Ribbon-Mondays, 1:30 – 2:30 p.m.
3. Working with Text-Tuesdays, 1:30 – 2:30 p.m.
4. Page Formatting, Paragraph and Line Spacing-Wednesdays, 10-11 a.m.
5. Working with Lists-Wednesdays, 1:30 – 2:30 p.m.
6. Headers, Footers and Page Numbers- Thursdays, 10-11 a.m.
7. Inserting Pictures and Symbols- Thursdays, 1:30 – 2:30 p.m.
8. Working with Tables-Fridays, 10-11 a.m.

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## Other Workshops

1. Who's Still Hiring? – Discovering Employment Opportunities & Avoiding Fraudulent Job Postings - Course Description: This workshop is designed to help participants discover current employment opportunities in the Charlotte area, best practices for applying, and how to avoid fraudulent online job scams. Wednesdays, 10-11 a.m.
2. Tips for Online & Virtual Interviewing- Course Description: This workshop is designed to help participants with quick and helpful tips for successful virtual and online interviewing. Thursdays, 11 a.m. – 12 p.m.
3. 'O\*NET – Articulating Your Skill-Set'- Course Description: O\*NET is a comprehensive web application that assists job seekers in exploring occupations, interests, skills matching, resume writing and much more. This workshop is designed to teach participants how to navigate through O\*NET and find the best job based on interests, knowledge and skill set. Tuesdays, 11 a.m. – 12 p.m.
4. Professional Networking & Creating a Lasting Impression- Course Description: This workshop will assist attendees with learning how to build a professional network. Including best practices in both virtual and in-person settings. Fridays, 10-11 a.m.

**Upskill, refresh your knowledge, or find something completely new** to help you develop both professionally and personally with the following online learning opportunities.

### 1. GCFLearnFree.org

GCFLearnFree.org is free for everyone and offers more than 200 topics, 7,000 lessons, 1,000 videos and 50 interactives and games.

Topics include:

Microsoft: Word, Excel, PowerPoint

Google: Google Docs, Sheets, etc.

Work and Career: Business Communications

Core Skills: Math, Reading, Grammar

Skills for Today: Decision Making, Personal Finance, Adapting to Change

Click here to explore the GCFLearnFree.org site. / Click here to explore the GCFLearnFree YouTube Channel.

### 2. Lynda.com from LinkedIn

Lynda.com is an online educational site that includes more than 3,000 courses (and more than 130,000 videos).

Courses include areas like business, management, project co-ordination, web design, IT, marketing, etc. Normally, using lynda.com requires a paid subscription, but Charlotte Mecklenburg Library cardholders can access lynda.com content free with their library card number following these instructions. Click here to find out more about getting a virtual Mecklenburg Library card. Use the Library Chat to contact a Librarian Monday – Friday 9 a.m. – 6 p.m.

Click here for how to start a free month's trial with lynda.com from LinkedIn.

Find out how **other county libraries** may have Lynda.com as a free or discounted resource by visiting their websites.

- LinkedIn Learning Remote Working Course- The LinkedIn Learning course Remote Working: Setting Yourself and Your Teams Up for Success has been made free to all, regardless of whether you have a LinkedIn Learning account or not.
- Read Charlotte - Read Charlotte has worked with community partners to curate this list of resources to help families keep learning alive at home for children from Pre-K-12th grade amid school closures due to the COVID-19 epidemic.
- Coursera- Coursera collaborates with leading universities and companies to provide affordable, as well as free online courses to help people learn skills, get ready for a career, or earn a certificate or degree.

For More Information About Our Free Training Courses visit: <https://goodwillsp.org/train/goodwill-university/>

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**Children Family Services Center** has some jobs that you might be interested in:

For a complete listing of available jobs, please visit our career site at: <http://cfscsharedservices.isolvedhire.com>

**Empowerment Workshops- Commonwealth Charlotte** - Participants only need to attend one, 1-hour session. Once completed, they are eligible to work with Common Wealth Charlotte staff one-on-one and apply for a loan through us; Opportunity Loan, Credibility Loan and the Housing Loan. Participants can also apply for an account through Charlotte Metro Credit Union and CWC will cover the \$5 membership fee if the participant qualifies for the account. The same Zoom address will be used for all meetings:

<https://us02web.zoom.us/j/2912309794?pwd=dDNvNndLS1hDcEhPM05YOFpqbjVrdz09>

Meeting ID: 291 230 9794 Password: CWC

**Furniture resources:**

- Love, Inc. <https://www.facebook.com/LoveIncCharlotte/>
- Furnish for Good <https://furnishforgood.org/>

From our MHA Compeer and ParentVOICE staff to you...



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# WARMING HEARTS AND HOMES

Meeting your immediate energy needs



## Do you need help paying your heating bill this winter?

The Mecklenburg County Department of Social Services is offering help to residents this winter by providing Low Income Energy Assistance Program (LIEAP) funds to eligible households. LIEAP is a federal program that assists low-income households with their immediate heating needs, so they won't have to choose between heating their homes and buying other necessities.

You do not have to be at risk of disconnection or delinquent to take advantage of this one-time, direct vendor payment in the amount of \$300, \$400 or \$500.

### WHEN DO I APPLY?

- **December 1, 2020 - March 31, 2021**  
(Seniors 60+)
- **January 4, 2021 - March 31, 2021**  
(All Households)

### HOW DO I APPLY?

Download the LIEAP application on our county website [www.mecknc.gov/LIEAP](http://www.mecknc.gov/LIEAP) and:

- Mail completed application to 301 Billingsley Road, Charlotte, NC 28211
- Email your completed application to [lieap@mecklenburgcountync.gov](mailto:lieap@mecklenburgcountync.gov) or
- Drop-off completed application at one of our DSS locations:  
Wallace Kuralt Building at 301 Billingsley Road, Charlotte NC, 28211  
Community Resource Center at 3205 Freedom Drive, Suite 1000, Charlotte, NC 28208
- Call our DSS Call Center at 704-336-3000 or Just I Call at 704-432-1111 to complete a telephone application. A LIEAP representative will contact you to begin the interview process
- Visit our All ACCESS POINT @ <https://allaccess.mecknc.gov> to apply for benefits, submit documents for existing cases and much more

### HOUSEHOLD CRITERIA

- At least one eligible U.S. Citizen or Legal Resident
- Cash resources of \$2,250 or below
- Be responsible for the heating cost
- Income at or below 130% of the Federal Poverty Limit (see table below).
- Households **DO NOT** have to be behind on their energy bill to qualify.

#### WINTER 2020-2021 HOUSEHOLD INCOME GUIDELINES 130% of FEDERAL POVERTY

FAMILY SIZE	MONTHLY	YEARLY
1	\$1,382	\$16,584
2	\$1,868	\$22,416
3	\$2,353	\$28,236
4	\$2,838	\$34,056

### WHAT FORMS OF VERIFICATIONS ARE REQUIRED?

- Any of the following forms of identification: State ID Card, Driver's License or Passport
- Utility Bill
- Social Security Number
- Proof of Income

### LIEAP PAYMENT DETAILS:

Checks will be sent directly to the utility companies/vendors. The amount of the payment is based on the household's source of fuel (e.g., electric, gas, etc.) and other criteria. For more information, please visit our county website: [mecknc.gov/LIEAP](http://mecknc.gov/LIEAP)

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3703 Latrobe Drive Suite 220, Charlotte, NC 28211



# Atrium Health Mobile Coronavirus Screening Centers

## Committed to Serving Our Community

### Locations and Dates for Coronavirus Screening and Testing\*:

Monday, December 7 8 a.m. to 2:30 p.m.	Tuesday, December 8 8 a.m. to 2:30 p.m.	Wednesday, December 9 8 a.m. to 2:30 p.m.	Thursday, December 10 8 a.m. to 2:30 p.m.	Friday, December 11 8 a.m. to 2:30 p.m.
<b>McCrorey YMCA</b> 3801 Beatties Ford Road Charlotte, NC 28216	<b>Islamic Society of Greater Charlotte</b> 7025 The Plaza Charlotte, NC 28215	<b>Atrium Health East Charlotte Family Physicians</b> 5801 Executive Center Drive, Suite 100 Charlotte, NC 28212	<b>Faith Christian Methodist Episcopal Church</b> 457 Wellingford St. Charlotte, NC 28213	<b>Forest Hill Church South Boulevard Campus</b> 6210 Old Pineville Road Charlotte, NC 28217
<b>Daymark Recovery Services Union Center</b> 1190 W. Roosevelt Blvd. Monroe, NC 28110		<b>Forest Hill UMC</b> 265 Union St. N. Concord, NC 28025		

### Screening Information

- Screening and testing will be done for those who have the following symptoms:  
**Fever | Cough | Shortness of breath or difficulty breathing | Chills | Repeated shaking with chills**  
**Muscle pain | Headache | Sore throat | Loss of taste and/or smell**  
**Congestion or runny nose | Nausea or vomiting | Diarrhea**
- If you have been exposed to (had contact with) large crowds, you can be tested. It is best to be tested 4 to 7 days after you have had contact with a large crowd.

\*Visit [AtriumHealth.org/GetScreened](https://www.atriumhealth.org/GetScreened) for future locations.

If the weather is bad due to heavy rain or thunderstorms, we will not be open.

### Other Important Information

- Wait times may be long. Each site will let cars know when they are full and can no longer take patients. This may be before the 2:30 p.m. closing time due to large number of people already in line. To schedule an appointment for a test, please call 704-468-8888.
- No ID (identification) is needed for screening/testing.
- Atrium Health does not share anyone's immigration status. We do not report if a patient is undocumented.
- Atrium Health is not able to clear employees for "Return to Work" at these locations. If you are an employer looking for testing for your employees, please contact our return-to-work team at [Covid19RTW@AtriumHealth.org](mailto:Covid19RTW@AtriumHealth.org).



### CHARLOTTE COVID TESTING LOCATIONS:

- Atrium Health Levine Children's Urgent Care - Cotswold at 231 S. Sharon Amity Road
- Atrium Health Urgent Care - Morehead at 1426 E. Morehead Street
- Atrium Health Urgent Care - Mountain Island at 10210 Couloak Drive, Suite E
- Atrium Health Urgent Care - Prosperity Crossing at 5727 Prosperity Crossing Dr
- Atrium Health Urgent Care - Rea Farms at 11115 Golf Links Drive, Suite
- Atrium Health Urgent Care - SouthPark at 4525 Cameron Valley, Parkway, Suite 1500
- Atrium Health Urgent Care - University City at 9325 J.W. Clay Blvd., Suite 221
- Atrium Health Urgent Care - Ballantyne at 14214 Ballantyne Lake Road
- BetterMed Urgent Care - Charlotte at 1431 South Boulevard
- Carolinas HealthCare Urgent Care - Arboretum at 7810 Providence Road, Suite 102
- Carolinas HealthCare Urgent Care - Eastland at 5717 Albemarle Road
- Carolinas HealthCare Urgent Care - Steele Creek at 9332 S. Tryon Street
- FastMed Urgent Care - Charlotte at 2728 W. Mallard Creek, Church Road, Suite 300
- Novant Health - East Charlotte at 5501 Executive Center Drive
- Novant Health - Michael Jordan Clinic at 3149 Freedom Drive
- Novant Health GoHealth Urgent Care - Ballantyne at 15235 John J Delaney Drive, Suite B
- Novant Health GoHealth Urgent Care - Waverly at 11840 Southmore Drive
- Novant Health OB/GYN Urgent Care - Carmel at 6331 Carmel Road, Suite 102
- Novant Health GoHealth Urgent Care - Berewick at 4815 Berewick Town Center Drive
- Novant Health GoHealth Urgent Care - Midtown at 445 South Kings Drive

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- Novant Health GoHealth Urgent Care - Quail Hollow at 8450 Park Road
- Novant Health GoHealth Urgent Care - Steele Creek at 13129 South Tryon Street, Suite 120
- Tryon Satellite Location Midtown at 900 East Morehead Street
- StarMed Family Practice and Urgent Care at 4001 Tuckaseegee Rd
- StarMed Family Practice and Urgent Care at 5344 Central Avenue
- NovantHealth GoHealth Urgent Care - Jetton at 19485 Old Jetton Road, Suite 100
- NovantHealth Screening Center - Huntersville at 16525 Holly Crest Lane, Suite 120
- BetterMed Urgent Care - Matthews at 2304 Matthews Township Pkwy, Suite 104
- NovantHealth Screening Center - Matthews at 3330 Siskey Parkway
- Tryon Satellite Location Matthews at 630 Matthews Township Parkway
- NovantHealth GoHealth Urgent Care - Mint Hill South at 11300 Cresthill Drive, Suite 120
- Novant Health Screening Center - Huntersville at 16525 Holly Crest Lane, Suite 120
- Novant Health Screening Center - Matthews at 3330 Siskey Parkway

## MENTAL & EMOTIONAL HEALTH:

**MHA Screening:** Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically-validated – they're the same questions you would get in a doctor's office.

**2019 Back to School Toolkit** - Stress & Loneliness: The content in last year's Back to School toolkit is still relevant, especially during COVID times.

**NotOK App:** It can be really hard to ask for help, especially in our toughest moments. The NotOK app allows you to pre-select up to five contacts, and when you press a button in the app, it will text those contacts with your location and a message that says "Hey, I'm not OK. Please call me, text me, or come find me." It's a great way to let your support system know that you need some help, even if you can't put it into words.

**National Suicide Prevention Lifeline:** The Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor.

**Crisis Text Line:** If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

**Domestic Violence Hotline:** The stressors of COVID have the potential to increase violence between partners and in homes. If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233 or go to their site to virtually chat with an advocate.

**Childhelp National Child Abuse Hotline:** If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-A-CHILD (1-800-422-4453) or [start an online chat](#) to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

We are continually adding to our resource lists. If you know of other resources, please email information and links to Candace Wilson [cwilson@mhacentralcarolinas.org](mailto:cwilson@mhacentralcarolinas.org)

### Program Mission

To provide integrated parent-to-parent peer support and empowerment, leading to measurable improvements in the health and wellness of families experiencing emotional, behavioral, and mental health challenges.

**Resources to help consumers, community members, and health care workers cope effectively with the COVID-19 pandemic in NC:**



The **Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. As part of the state's recent hurricane recovery efforts it served over 4,400 people in the most impacted counties, and now it is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. This initiative is in partnership with all seven of the state's [LME/MCOs \[ncdhhs.gov\]](https://www.ncdhhs.gov/lme/mcos) and REAL Crisis Intervention Inc. in Greenville. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.

The **Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.

Also, please continue to get up-to-date information at [https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina \[ncdhhs.gov\]](https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina).

And, as another resource for submitting questions and requests for information, please send to: [BHIDD.COVID.Qs@dhhs.nc.gov](mailto:BHIDD.COVID.Qs@dhhs.nc.gov) or [Medicaid.COVID19@dhhs.nc.gov](mailto:Medicaid.COVID19@dhhs.nc.gov).

#### **Program Mission**

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## New Webinar: How to Combat Loneliness This Holiday

Join us for a webinar:

### How to Combat Loneliness This Holiday

with Jeremy Nobel, Emily Allen & Erica Curtis

**FREE LIVE EVENT!**

Wednesday, December 9th  
11 a.m. ET

**RSVP**

happify

Many of us will feel alone this holiday season. The social distancing and quarantining that's come as a result of the ongoing pandemic is likely to magnify the sense of isolation and loneliness. But there are steps we can take to increase our connections to our friends and family, and to the community at large.

Join loneliness expert Dr. Jeremy Nobel and special guests Emily Allen and Erica Curtis for a free one-hour webinar on **Wednesday, December 9th at 11 a.m. ET**. Register today to learn how to:

- Connect authentically with others
- Gain a sense of purpose by giving back
- Bond creatively with family and friends while physically separated

[Reserve your spot today!](#)

### About the Panelists

#### Jeremy Nobel, MD, MPH

Jeremy is the founder and president of the Foundation for Art & Healing. Its signature initiative, the UnLonely Project, focuses on raising awareness on the health challenges of loneliness and offers arts-based programming that fosters a sense of connection. Jeremy serves on the faculty of Harvard Medical School and the Harvard T. H. Chan School of Public Health.

#### Emily Allen

Emily is SVP, Programs for AARP Foundation. The Foundation's work focuses on ensuring that low-income older adults are able to secure the essentials in life. She holds a Bachelor's in psychology from Westminster College and a Master's in Human and Organizational Learning from The George Washington University.

#### Erica Curtis, LMFT ATR-BC

Erica is a Marriage and Family Therapist, a board-certified art therapist, and award-winning author of *The Innovative Parent: Raising Connected, Happy, Successful Kids through Art*. Erica is an instructor and curriculum developer for UCLArts & Healing, and maintains a psychotherapy practice in San Juan Capistrano, CA.

[RSVP](#)

### Program Mission

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## A COLLABORATIVE APPROACH TO SUPPORTING **STUDENT SUCCESS**



Caron's "Toolbox" training program provides professionals working in schools and child-serving agencies with up-to-date information that will assist them in their work with children and families.

Caron trainings utilize varied educational and experiential teaching methods to engage participants in an active learning process.

**The Toolbox:** A Collaborative Approach to Supporting Student Success is a training designed to build skills on any or all of the following topics:

- Child and adolescent development
- Behavioral health concerns that cause a barrier to learning, including mental health and substance use issues
- Approaches to boost resiliency factors in children and adolescents
- Strategies for working compassionately with families

**Date:** Wednesday December 9, 2020

**Time:**

- 8am – 10am: Family Engagement - a strengths based approach
- 10:30am – 12:30pm: Behavioral Health - a focus on Mental Health
- 1pm – 3pm: Behavioral Health - a focus on Substance Use
- 3:30 pm – 5:30pm: Resiliency in Youth - the art of bouncing back

**Registration Link:**

<https://forms.gle/crCRmqZsNkQ6yVr6>

Caron's Student Assistance Program is dedicated to providing professional development for school personnel, agency employees, and community members.

"I enjoyed the interactive nature of the training. I thought the workshop was relatable to the population we serve and I enjoyed the meaningful activities that caused thinking and mental processing with others."

- Toolbox Participant

**Success360** 

[WWW.CARON.ORG/SAP](http://WWW.CARON.ORG/SAP) | 800.678.2332 EXT. 6117

### Program Mission

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# Camp Trusted Parents



## WINTER BREAK CAMP IN A BOX!

"WE'RE SEEING THE WORLD WITH NEW EYES"

Join us for an online experience like no other!

Special Needs Boys & Girls Ages 7-22

(siblings are welcome)

December 28-31, 2020

9:30am-1:00pm

**LIVE daily ZOOM sessions!**  
**FUN and engaging activities**  
**Including arts & craft, dance parties,**  
**Recipes, music, science activities,**

"Everything you will  
need for camp will be  
supplied in the,  
Camp In a Box!"

**Pricing:**

\$60 for the week

For the first child

\$40 for the week

for each additional child

Daily Rate: \$17 per day

daily rate children, do not qualify for

**REGISTRATION IS NOW OPEN!**

Register at: [www.trustedparents.org/camp-online](http://www.trustedparents.org/camp-online)

Or email: [camp@trustedparent.org](mailto:camp@trustedparent.org)

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ParentVOICE Program – Telephone: 704-365-3454/ Website: [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)

3703 Latrobe Drive Suite 220, Charlotte, NC 28211



# The 2021 Matthew C. Graziadei Achievement Scholarship Award



**Applications now being accepted for the 2021 Matthew C. Graziadei Achievement Scholarship Award!**

The Exceptional Children's Assistance Center (ECAC) is proud to offer the Matthew C. Graziadei Achievement Scholarship Award to a North Carolina high school senior with a disability. This award includes a **\$1,500** scholarship, to be used for **any** post high school learning experience/training or for equipment/technology needed for employment.

## Eligibility:

ALL North Carolina students with disabilities are eligible for nomination. Including students enrolled in the Occupation Course of Study, students who will be receiving a Graduate Certificate and students enrolled in the Future Ready Course of Study.

## SELECTION CRITERIA

Matthew Carmen Graziadei was a remarkable young man who died in January 1998 at the age of 26. At the age of seven Matt was diagnosed with Muscular Dystrophy. He graduated from Myers Park High School in Charlotte, NC and was elected to Who's Who in American High School Students. Matt was a student intern at the Charlotte Mint Museum and served as a Goodwill Ambassador for the Muscular Dystrophy Association both locally and statewide. He achieved President's Honors at Central Piedmont Community College and served in Washington, DC with the US Surgeon General's Council on Families and Disabilities. Matt also started his own business and was a contractor in facilities, engineering and computer services.

Scholarship Award recipients will be selected by the Matthew C. Graziadei Scholarship Award Review Board based on these attributes:

- Determination - reaching above one's imagination
- Perseverance - remaining steadfast against all odds
- Persistence - starting from scratch and striving until successful
- Dedication - maintaining solid effort and achievement
- Confidence - overcoming obstacles through internal courage
- Motivation - seeing life as a series of opportunities, not obstacles
- Fortitude - keeping going after others have stopped
- Accomplishment - succeeding with on-going new vision

## Program Mission

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## **APPLICATION PROCESS**

Applications will only be accepted through **Wednesday, February 10, 2021**. The award will be presented to the winning student during his/her high school awards ceremony. Based on applications received, additional students may be selected as Runner Up.

## **APPLICATION REQUIREMENTS:**

Applicants must submit the following documents for consideration:

- Student Information Form – TRANSCRIPTS ARE NOT REQUIRED
- Nomination Narrative - A one-page narrative, completed by school counselor, student or someone who knows the student describing the student and his/her accomplishments in relationship to the attributes. Include a brief personal history, education or career goals, and reasons why they should be selected for this award.
- 3 Letters of Recommendation
- Administrator from high School: Principal or Assistant Principal
- A Teacher, Coach, or School Counselor
- Community Member – can include student's employer, Minister, another student, service provider, etc.

## **DEADLINE:**

One copy of the completed, signed application packet must be received by Wednesday, February 10, 2021. Winner and finalists, if applicable, will be selected by April 15th and the Individual nominating the student or the high school counselor will be notified by May 3. Incomplete applications will be deemed ineligible and rejected.

## **SEND TO:**

To send via email, scan your completed application, supporting materials, etc. into a single PDF and email to [MCGaward@ecacmail.org](mailto:MCGaward@ecacmail.org). If you have not received an email confirmation within 3 business days, please contact Cheryl Strupe: 800-962-6817 before application deadline.

If emailing this document is not possible, documents may be sent via USPS mail, FedEx, UPS or hand delivered to:

**Matthew C. Graziadei Award**  
**ECAC**  
**907 Barra Row, Suite 103**  
**Davidson, NC 28036**



[CLICK HERE FOR THE MCG AWARD APPLICATION IN ENGLISH](#)

[CLICK HERE FOR THE MCG AWARD APPLICATION IN SPANISH](#)

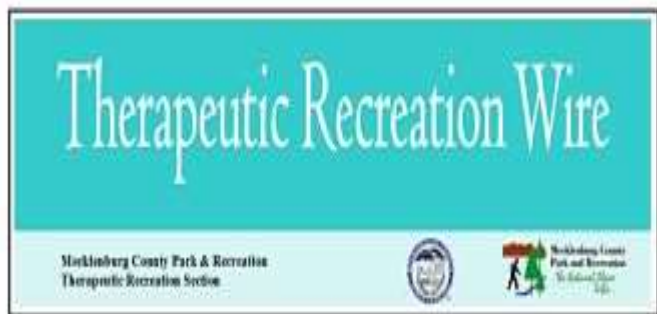


Exceptional Children's Assistance Center | 1-800-962-6817 | [www.ecac-parentcenter.org](http://www.ecac-parentcenter.org)

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**3703 Latrobe Drive Suite 220, Charlotte, NC 28211**



***TIRS programs are back, better, & looking a little different! We are currently offering a variety of program options in hopes that one (or more) works for you! We have pre-recorded virtual programs, live Zoom programs, and in-person, outdoor programs. Listed below is the breakdown of opportunities available!***

***If the start date has already passed for a program, still contact us to get registered! We are prorating costs for late sign ups!***

## Holly Jolly Goodie Bag Drive Through

**Price:** Registration Fee: \$5.00 for Private Individual  
**Gender:** Coed  
**Spaces:** Unlimited openings  
**Registration Dates:** Standard registration opens: Nov 1, 2020 9am  
Last day for standard registration: Dec 17, 2020 5pm  
Internet registration opens: Nov 1, 2020 9am  
Last day for Internet registration: Dec 17, 2020 5pm

### Description:

For all ages with a disability/diagnosis

Come say "ho, ho hello!" to the TR elves on Friday, December 18th from 5-7 pm. During this drive through program, the lights will be bright at Tyvola Senior Center as you receive a bag of TR cheer! Goodie bags include holiday sensory crafts, hot chocolate mix, ornament crafts and more! Goodie bags are \$5 each, per person with a disability. Please register all persons with a disability who will be attending.

For more information, contact Therapeutic and Inclusive Recreation Services at 980-314-1192 or [TRinfo@MeckNC.Gov](mailto:TRinfo@MeckNC.Gov)

### Notes:

Pre-registration is required for this program! Please register all persons with a disability who will be attending.

***We are excited to see you recreating again, whether it's through a screen or in our parks!***

***For more information about TR programs, contact [980.314.1192](tel:980.314.1192) or email at [trinfo@mecklenburgcountync.gov](mailto:trinfo@mecklenburgcountync.gov)***

Visit us on Facebook! <https://www.facebook.com/groups/735223356617139/>

### Program Mission

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THERAPEUTIC & INCLUSIVE  
RECREATION SERVICES

# SEASONAL CRAFT - DECEMBER

For ages 18+ with a disability  
Let's get in the winter spirit by creating a beautiful wreath to  
hang on your front door!

**SATURDAY, DECEMBER 5**

**11:30A - 12:30P**

**NEVIN PARK**

**(6000 STATESVILLE RD. CHARLOTTE 28269)**

**\$20**

**REGISTRATION DEADLINE: DEC 2**

Pre-register at [parkandrec.com](http://parkandrec.com)

Click "Programs and Activities." Enter activity  
#115231, add to cart, then checkout!

For more information, contact:  
[TRInfo@MeckNC.Gov](mailto:TRInfo@MeckNC.Gov) or (980) 314-1192

#### Program Mission

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## **QPR Gatekeeper Virtual Suicide Prevention Training**

Join MHA's  
Education Trainers to  
learn life-saving skills  
through a FREE  
**Question, Persuade,  
Refer Gatekeeper  
Training**

### **REGISTER**

**JANUARY 11, 2021**

**1:00 - 3:00 P.M.**

**or**

**JANUARY 20, 2021**

**1:00 - 3:00 P.M.**

## **We Can All Save Lives**

QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide.

Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

QPR is the most widely taught gatekeeper training program in the United States, and more than 300,000 adults have been trained in classroom settings in more than 40 states. MHA has trained over 9,000 community members since 2018!

### **CONTACT US**

**704.365.3454**

[mhacentralcarolinas.org](http://mhacentralcarolinas.org)



**TO SIGN UP: [CLICK HERE](http://www.mhacentralcarolinas.org)**

**OR GO TO  
[WWW.MHACENTRALCAROLINAS.ORG](http://WWW.MHACENTRALCAROLINAS.ORG)**

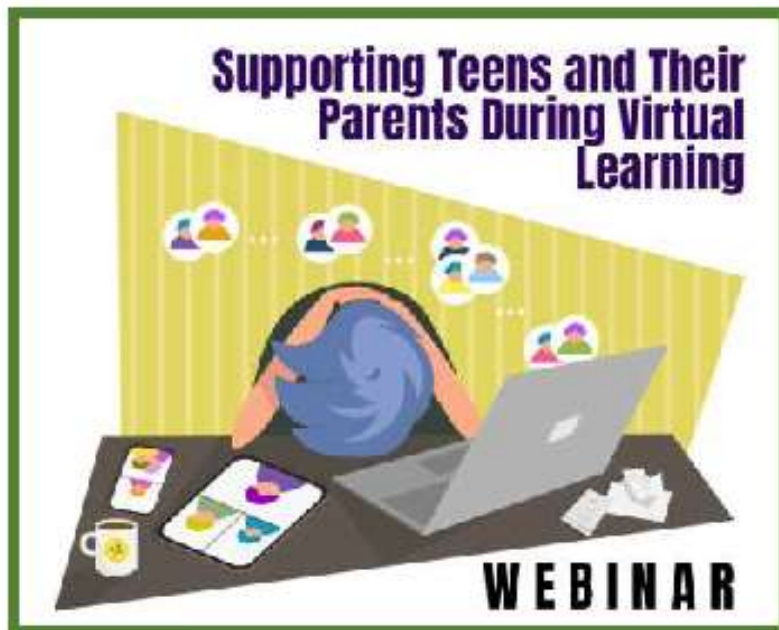
### **Program Mission**

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3703 Latrobe Drive Suite 220, Charlotte, NC 28211





**Wednesday,  
December 9th**

**4:00 pm  
to 5:30 pm**

**A Collaboration  
between  
NC START West and  
Exceptional Children's  
Assistance Center**

**Presented by:**

Morgan Futrell, LCSW, NC START West Clinical Team Leader

Christy Prophete, MFT, NC START West START Therapeutic Coaching Team Leader

Hannah Bridges, ECAC Western Outreach Parent Educator

Aimee Combs, ECAC Parent Educator

**Learning Objectives:**

By the end of this presentation, participants will be able to:

- Identify supports (material, technology, information) the parent and student may need in the virtual learning environment.
- Locate resources and/or activities designed to prepare a student for post-school outcomes (i.e., college, career, community)
- Recognize barriers to success in the new environment and communicate them to others
- Identify ways to alleviate stress surrounding virtual learning
- Identify ways to promote independence for older children in reference to their virtual learning
- Practice and learn ways to calm our own bodies and mind during times of stress

**Please register at: <https://bit.ly/3pKkJZH>**

**NC START**

Systemic • Therapeutic • Assessment • Resources • Treatment

**888-974-2937**



Partners in Positive Transformation

**800-962-6817**

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# Anxiety is contagious, but so is compassion: Long-term mental health and COVID-19

BY LAURIE LARSH

NOVEMBER 27, 2020 08:55 AM

The long term mental effects of the COVID-19 pandemic are unknown. FG TRADE GETTY IMAGES

Much like the long-term physical effects of COVID-19, the long term mental effects are unknown. From the mental manifestations of the virus itself (a recent study found that one in five COVID-19 patients develop mental illness within 90 days) to the psychological impacts of isolation and lack of human contact, authorities simply don't know what the future holds. Meanwhile, mental health experts across the country and in North Carolina provide some guidance, insight and hope.

First, the good news. According to a team of mental health experts who participated in a panel discussion on social isolation, mental health and COVID-19, research shows that most of us will get through. "Humans are quite resilient," said panelist Roxane Cohen Silver, a professor of psychological science, medicine and public health.

Silver and other panelists studied the aftermath of tragic events like Sept. 11, the Boston Marathon bombings, the Orlando nightclub shootings and hurricanes Harvey and Irma. "It is extremely important, however, that we acknowledge that this uncertainty is stressful. It's also extremely important that we recognize that anxiety is contagious, but so is compassion," Silver said.

## COVID-19 AFFECTS US IN DIFFERENT WAYS

Compassion when looking at the unique experience of every individual and how COVID-19 has impacted their life is important to consider when predicting the long-term impacts of the coronavirus pandemic. "I don't think the long-term mental health effects will be the same for everyone because we've all been uniquely impacted by COVID," said Nikki Pagano, a licensed clinical social worker in Charlotte.

"For instance, a family that's been able to work from home has likely experienced COVID differently than individuals who have lost their source of income and can't pay their rent or mortgage. People have had to say goodbye and grieve loved ones lost to COVID in ways that are completely foreign to most of us — over FaceTime without being able to hold their family member's hand to say goodbye, or celebrate the life of their loved one without being surrounded by friends and family at a funeral or memorial. These individuals may experience complicated grief, a persistent form of intense grief," she said.

Licensed clinical social worker Nikki Pagano of Charlotte said the long-term mental health effects of COVID-19 will be unique to each individual's pandemic experience. Courtesy of Nikki Pagano

Pagano also noted that front-line workers making life and death decisions may experience post-traumatic stress disorder.

## COVID-19 ANXIETY IN CHILDREN

Children are another group bearing the brunt of psychological impacts of COVID-19. Without the structure of school and regular social connections, mental health experts are seeing a large increase in reports of anxiety, depression and changes in children who often lack the ability to verbalize their feelings.

"With any large scale disaster, mental health experts, school officials, medical doctors — we all know that the most important thing we can do to restore a sense of normalcy is open schools. It gives the idea that the community is returning to where it needs to be," Dr. Robin Gurwitch, psychologist and professor at Duke University Medical School,

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told CharlotteFive. “But this situation is a little different. The decision to go back to school — the back and forth between hybrid learning and in-person learning and online learning — is creating more anxiety for families and children. When the situation changes constantly and you can’t predict what will happen or when, uncertainty skyrockets.”

Gurwitch advises that the two most important factors in helping children cope with this anxiety are communication and connection. This includes asking children what they are hearing from their friends, explaining the choices that your family makes and why, sharing your own uncertainty and talking to your kids about what you are doing to calm yourself.

“How well are you being a role model? Providing healthy coping options? Taking quiet time for yourself — walks, meditation, mindfulness,” Gurwitch said. Long-term studies of disaster work show that helping others is another productive mechanism for coping with anxiety.

Helping others can provide a productive way to deal with anxiety, long-term studies have shown. Justin Paget *GETTY IMAGES*

“The upside to all of this is that children are learning to develop good coping strategies. So down the road when they are facing a tryout for a sports team or applying to colleges they can look back and know , this is what I did during COVID to help me cope with the stress and anxiety of the unknown,” Gurwitch said.

## A NEW NORMAL

Coming out of COVID-19 won’t be like throwing on a light switch (although it sure would be nice if it was). As we learn to live in a world with COVID-19, and people slowly add activities back according to their comfort level, there is some question about what it will be like to regularly socialize again. Will we freeze when someone sticks their hand out for a handshake or lightheartedly throw out an elbow and a joke to diffuse the awkwardness of the situation? Will we avoid large crowds for years to come, or return to things like packed concerts as we did to flying after 9/11?

“There will likely be some discomfort re-emerging into society, but that will vary by individual,” said Alicia Tetteh, a licensed clinical social worker in Charlotte. “Naming that feeling and being open to the vulnerability that comes along with it will be important to working through it. It’s OK to be uncomfortable.”

It’s OK to be uncomfortable during this time, said Alicia Tetteh, a licensed clinical social worker. Courtesy of Alicia Tetteh

Racial injustices and unrest have compounded the mental health burden in the Black and brown communities, where many are more reluctant to seek mental health support than people in other demographics. This can be attributed to everything from a history of nonconsensual medical experimentation to systematic biases, a challenge of finding providers and legitimate cultural distrust.

If you or someone you know is struggling with mental health issues, there are a variety of free resources available specific to the Black and indigenous people of color, as well general resources available to all residents of Mecklenburg County.

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## GET OUR NEWSLETTER

[Sign up now](#) to get CharlotteFive in your inbox daily.

### Program Mission

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MECKLENBURG COUNTY  
**TRIPLE P**  
PARENT WEEKLY

**Everyday Tips For Everyday Parents**

Triple P Parent Weekly and our live Triple P Parent Weekly Tips & Conversation!

You are invited to a Zoom webinar.

When: Every Thursday, 12:30 PM Eastern Time (US and Canada)

Please click the link below to join the webinar:

<https://us04web.zoom.us/j/720328105?pwd=MUZHaEZZMW5YSk5oWVNvRU5ManVvUT09>

Password: 178591

Or iPhone one-tap:

US: +19292056099,720328105# or +13126266799,720328105#

**If you would like to receive one-on-one Triple P support, please call**

**MHA ParentVOICE at 704.365.3454**

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Event abbreviations: <PAT> Patriotic; <FUND> Fundraiser; <SUP> Support; <JOB> Career; <FIT> Fitness; <NET> Networking, <VOL> Volunteer op, <BIZ> Business, <EDU> Education/Training

## Carolinas Military & Veteran Events for September 2020

Events are added/shared for your information only and do not serve as an endorsement of the organizations hosting the events.

### November 2020 Events

[Dec 7 PAT National Pearl Harbor Remembrance Day](#)

[Dec 7 VOL Neighbors Helping Neighbors, Charlotte](#)

[Dec 9 JOB Transitioning Army and Spouse Global Virtual Career Fair](#)

[Dec 13 PAT National Guard Birthday](#)

[Dec 13 SUP USO Virtual Santa Zoom Call](#)

[Dec 13-18 EDU Patriots Path Workshop](#)

[Dec 14-22 VOL FUND ONS NCCARES Christmas Box Project](#)

[Dec 14 VOL Neighbors Helping Neighbors, Charlotte](#)

[Dec 15 JOB Eastern Region Virtual Career Fair for Veterans](#)

[Dec 16 SUP Patriots Path Virtual Mock Interview Session](#)

[Dec 19 PAT National Wreaths Across America](#)

[Dec 19 VOL Wreaths Across America, Matthews](#)

[Dec 21 VOL Neighbors Helping Neighbors, Charlotte](#)

[Dec 28 VOL Neighbors Helping Neighbors, Charlotte](#)

- [National Center for PTSD resources, events, including the PTSD Coach App](#)
- [American Red Cross Free Online Psychological First Aid: Supporting Yourself and Others During COVID-19](#)
- [NC4ME Virtual Employment Connection](#)
- [Vet Coffee update](#)
- [Additional Mil-Vet Resources](#)
- [List of area Mil-Vet Support Organizations](#)

[Link to additional events on the radar](#)

[Link to Carolinas Freedom Foundation Events](#)

[Link to Independence Fund Event Calendar](#)

[Link to NC Department of Military & Veterans Affairs Event Calendar](#)

[Link to NC for Military Employment Calendar](#)

[Link to NC Department of Public Safety Job Fairs](#)

[Link to Patriot Military Family Foundation Event Calendar](#)

[Link to Patriot Path Event Calendar](#)

[Link to Purple Heart Homes Event Calendar](#)

[Link to Re-occurring Monthly Veterans Events](#)

[Link to Veterans Bridge Home's Event Calendar](#)

[Link to Veteran Coffee's as compiled by Don Timmons](#)

[Link to USO of NC Event Calendar](#)

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# It's That Time of Year

## To Plan for the Holidays

**MHA is compiling a list of resources for assistance during the holiday season. If you live in Mecklenburg or Cabarrus County and are in need of assistance, please call 704.365.3454 and ask to speak to someone in our ParentVOICE program.**

### **Free pictures with Santa at Black Lion — Contact-free experience**

[Black Lion](#), 10635 Park Road, has over 68,000 square feet of unique home furnishings, gifts, home accents and more from more than 200 merchants, so it's a great spot for holiday shopping.

Every year, Black Lion offers [free Santa photos](#) (you take the pictures) and this year is no different. Well, it's a little bit different!

This time kids will see and chat with Santa through Black Lion's storefront window while he makes his list and checks it twice.

Bring your camera and take family photos in Black Lion's holiday displays along the front sidewalk.

There will be heaters along the front sidewalk for visitors waiting to meet with Santa. Or you can check in with the team and wait in your car.



#### **Program Mission**

To provide integrated parent-to-parent peer support and empowerment, leading to measurable improvements in the health and wellness of families experiencing emotional, behavioral, and mental health challenges.



Extended Hands Outreach Ministries & Inspired Life Church Presents

# "A Season to Remember"

## Toy Giveaway



*Food Giveaway & Boxed Dinners to go*

**Inspired Life Church**

5650 Harrisburg Industrial Park Drive, Harrisburg, NC 28075

**(704) 455-1540**

Johnny E. Brown II, Lead Pastor  
Stacey L. Brown, Executive Pastor

[inspiredlifech.org](http://inspiredlifech.org)



### Program Mission

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ParentVOICE Program – Telephone: 704-365-3454/ Website: [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)

3703 Latrobe Drive Suite 220, Charlotte, NC 28211





Temple of New Beginnings Ministry  
Presents

# CHRISTMAS

## Toy Giveaway 2020

*Temple of New Beginnings Ministry is giving away toys for the holiday. If you are in need, come join us and let us be a blessing to your family!*

**DEC. 13th & 20th**  
Sunday @ 10am

**12026 University City Blvd.  
Harrisburg, NC 28075**  
(NEXT TO NAPA AUTO PARTS)

Toys will be distributed during service. All attendees must call and register.

Please call: Elder Elliot Hughes (704) 615-7277  
Pastor David Anderson (704) 499-7855

Prints & Design By: Brownstone Graphic Services (704) 454-7777 • [www.brownstonegraphic@yahoo.com](mailto:www.brownstonegraphic@yahoo.com)

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## Reservations open for Bass Pro Shops' and Cabela's contactless Santa experience with free pictures



**Bass Pro Shops**, at Concord Mills, and **Cabela's**, at 1000 Cabela Drive, Fort Mill, SC, are hosting Santa's Wonderland, with a reimagined, contactless **FREE** Santa experience.

The biggest changes from previous years:

- You will have to reserve a time in advance
- This will be a contactless Santa experience, thanks to the "Magic Santa Shield," a glare-free plexiglass barrier
- Families will wait in a designated area, with social distancing

- A team of elves will clean all surfaces between visits
- All team members in the store will wear face coverings
- The other in-store activities and crafts won't be taking place, but there will be a free take-home craft

Santa will arrive at November 7th, 2020, at 5 p.m., and will be at Bass Pro Shops and Cabela's through December 24th. Check back soon for more details on the arrival event, which will take place outside.

Also, check back soon on the time of Santa's Wonderland each day.

Online reservations for Santa's Wonderland open on **Monday, November 2nd**, and are required.

[Register here for Santa's Wonderland at Bass Pro Shops.](#)

[Register here for Santa's Wonderland at Cabela's.](#)

The free Santa picture is a 4x6 print. You'll receive the picture in digital format as well.

Other packages are available for purchase.



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